

WEIGHTLIFTING

BRACKET 1A 1B

SPORTS LITERATURE

This Learning Module has two parts: (1) and (2) which will be used to prepare

Students to write a position paper on physical activity and include the history, rules, playing techniques, scoring, events and more.

The Student's Science Experiments and projects which will be understanding and applying around the sport of physical activity.

OVERVIEW OF THE

Let's start with a few definitions:

Strength training:

Exercises which involve moving against something which could be a weight, a bar, or a machine, which can be moved from

Weight training:

Exercises which use the weight of an object as pressure resistance to movement. Weight training is a form of resistance training.

Free weights:

Barbell, dumbbells, steel cones, and other objects.

Exercise machines:

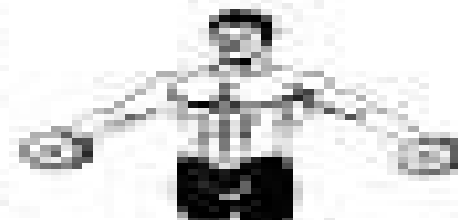
Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, springs, cords, or fluid bags, especially cylinders, etc.

Weightlifting:

Weightlifting is a sport that involves lifting barbells or other kinds of

Strength training:

It is a sport that involves moving



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L Darling-Hammond



Physical Education Learning Packets 14 Weightlifting Answer Key:

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